

Kim Eng - Inner Body Meditation (2) [3y20tCbE]

[Speaker 1] (0:11 - 33:43)

To begin, find your comfortable seating place, or if you're lying down, you're welcome to lie down. But when you, if you're lying down, if you choose to lie down, please stay awake through this. So if you're feeling tired, I'd suggest that you don't lie down.

Just sit up, and let's sit up nice and sort of straight as we possibly can in a chair. Having our feet flat on the floor, or if you're sitting cross-legged, that's okay too. Just find your comfortable edge where you can close your eyes, take a deep breath, maybe exhale with a sigh, and just let your entire day go.

And one more time, deep breath in, and exhale, let it go and relax. As you're seated, there's an awareness, the awareness that you are seated, the awareness with your feet on the floor, or if you're in another position, the awareness of just feeling the ground beneath you. And then there's the awareness of your breath.

Don't try to change the breath, but just be aware of your breathing in this moment, and just allow the awareness to take your breathing deeper. If thoughts arise, just notice them, and just let them float away, and bring your attention back to your breath. And scan your body from head to toe, toe to head, just relaxing every inch of your body, your brows, forehead, your cheeks, your jaw, your shoulders, your arms, your legs, your feet, your toes.

Just become aware of the body. Notice any tension or tightness, and then consciously choose to relax. If you're experiencing any tension or pain, just notice it, drop the label, tension, drop the label, pain, and simply feel.

When you drop all labels, all it is is sensations. Again, if thoughts arise, just let them go. Return your awareness to breathing, to the sensations in your body.

Or perhaps you even hear some sounds, just notice them. Let's bring our awareness to the inner body, that feeling of aliveness within. If you don't know what that feels like, don't worry about it.

See if we can just feel it in our hands. So it might be best if you allow your hands to come up away from your body, so not resting on anything, and just hold your hands up in a relaxed position. With your eyes closed, you can ask yourself, how do I know I even have hands?

And simply feel. So let go of the label hands and just feel. What does it feel like?

Is there some tingling? Does it feel numb? As soon as you label it, just let the labels go and continue feeling.

You can keep your hands where they are, or you can rest them back down onto your lap, but keep feeling your hands. And let's bring our attention to your arms. How do you know you even have arms?

What do your arms feel like? Your elbows, your forearms, your biceps, your shoulders, breathing and feeling your arms. And if you can't feel your arms, don't worry about it.

Just go back to your hands. The hands are the easiest to feel. Now feel your hands and your arms together.

Now feel your shoulder blades, feel your chest, feel your belly, feel a spine, your entire back, feel your belly button. How do you know you even have a belly button? How do you know you have a back, a chest, a belly, a spine?

So feeling your entire torso and the lower lumbar up to your shoulders, feeling the arms and feeling the hands together. And bring your attention to your hips, to your buttocks, to your hip flexors. How do you know you have a buttocks?

How do you know you have hips? And if you can't feel them, don't worry about it. Just go back to an area you can feel.

When you're ready, connect your hips, your buttocks, your back, your front body, your shoulders, your arms and your hands together. Let's bring your attention to the legs. How do you know you even have legs?

How do you know you have thighs and knees and shins and calves? What do your knees feel like? What do your thighs feel like?

And if you're ready, let's connect your hands, your arms, your back, your front body, your hips, your buttocks and your legs. And become aware of your feet, your ankles, your heels, your arches, the tops of your feet, your toes. Feeling each toe.

How do you know you even have feet? When we drop the label, all there is, is just sensation. The sensation of the inner body.

And let's feel the body from the shoulders down. Connecting your hands with your arms, your arms with the shoulders, your shoulders with your back, with the front, with your hips, with your buttocks, your legs and your feet and your toes. And bring your attention to your neck, to your head.

Your ears, your cheeks, your lips, your nose, your eyes, your eyebrows, the top of your head, the sides, the back. How do you know you even have a head and a neck? Relaxing your face.

Relaxing your entire body and just feel. And remember, if you can't feel it, just go back to an area of the body that you can feel. Let's connect your neck and your head with the

rest of your body and feel your entire body.

Noticing and feeling the inner body is one energy field. So there's this awareness, let's call it the outer forms, the form of breathing, the form of sensations in your body, such as tension, tightness or pain, thought forms, forms of emotions, sounds. And even the form of your inner body.

It's the purest life form, but it's still a form. And there's awareness of these forms. And staying connected to your inner body, allow your awareness to take you deeper into yourself.

In other words, allow awareness to become aware of itself. The dimension of stillness, formlessness, and emptiness, that there's a potential for fullness. And going into this formless dimension, this stillness is that peace that passes all understanding.

The peace before any form arises. And we awaken to that stillness, to that formless dimension that we can also call your soul level, your soul self, unencumbered by any thoughts, any identities, anything. And that practice of staying connected to that inner body, to your soul self, it's the practice to be able to bring that into your everyday life, to find a way to have this in your everyday life, a life that is a constant pulling at you, constant demands.

And it is essential if we are to be our true selves, to be at one with life, to be at peace in this world, is to find that inner peace within. And you can still stay connected to this inner body, and that practice is to stay connected. And you can gently, just slowly open your eyes, taking in the world of form, which is another dimension, kind of added it and pulling at you to come out, to come out.

But the spiritual awakening is to actually go back in. It's almost like the reverse, to go back in, to go in, and to find that balance between inner and outer living.